



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Sports

Before starting to work for this badge you must either have taken part for at least three months in a sport in which you act as an individual; or have played regularly for three months as a member of a team in any team sport. Keep a record of events you take part in and show it to the Assessor.

- I. When you start to work for the badge, seek advice from your coach, teacher or a qualified instructor, set yourself targets for improvement over at least the next six weeks.
- II.
 - a. Explain the rules of the sport and the safety rules applicable to it.
 - b. Describe what clothing and equipment is needed and the care of it.
- III. Demonstrate to the Assessor the warming-up activities appropriate to your chosen sport or discuss with him or her preparations for playing it.
- IV. Demonstrate to the Assessor, or take proof of, the progress you have made in your chosen sport. Discuss this with him or her and set yourself targets for the future.
- V. Explain to the Assessor how you get to know more about your chosen sport by watching a television series on it, studying a sports personality or reading a book about it and tell the Assessor what you have learnt.

Note

1. Holders of “Pre-Alpha” Level Certificate or above in Ice Skating are eligible for this badge.
2. The following items cannot be used for this badge: Cycling, Swimming and Canoeing.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Physical Recreation Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE. (Please read the Handbook of the HONG KONG AWARD FOR YOUNG PEOPLE.)